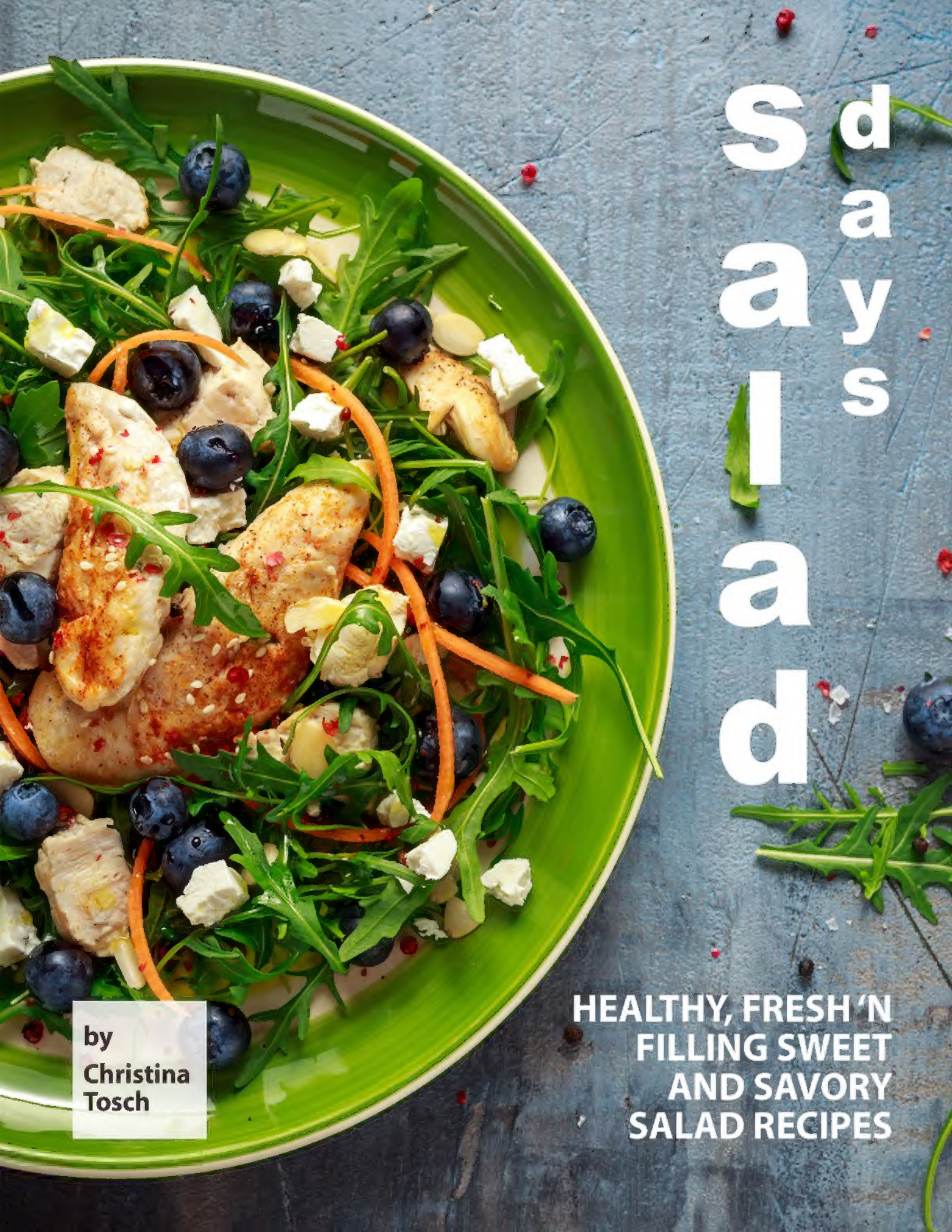

Salad days

HEALTHY, FRESH 'N FILLING SWEET AND SAVORY SALAD RECIPES

by Christina Tosch

Salad Days

Healthy, Fresh ‘n Filling Sweet and Savory Salad Recipes

BY

Christina Tosch

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Introduction

There's a saying that goes 'you don't have to eat less, just eat right,' and that is so true when it comes to fresh and filling sweet and savory salads.

Enjoy healthy, fresh, and filling salads featuring meat, fish, poultry, seafood, rice, pasta, hearty grains, healthy fats, fresh fruit, veggies, and nuts.

You can use fresh, frozen, raw, and cooked ingredients and create sensational sweet and savory salad recipes that all the family will enjoy. Better yet, they will go a long way towards helping you hit your five-a-day target.

Eating a weekly diet that is rich in veggies and fruit can also help to reduce the risk of many health conditions including obesity, type 2 diabetes, heart disease, and some cancers.

Savory salads can be healthy, and that's a fact. But why stick to leafy greens, crisp vegetables, and basic proteins? Instead, opt for recipes including tasty homemade dressings, dried fruits, nuts, seeds, chickpeas, couscous, brown rice, and more.

Sweet salads made with fruit and cool whipped toppings can replace calorific cakes and cookies and often make a refreshing side dish.

Whether you are looking for crisp and crunchy, sweet or salty, discover a salad recipe to suit everyone's taste.

Sweet Salads

Banana Split Salad

This banana split salad won't be around for long, especially if you have little ones in the house! It's a creamy texture, and delicious sweet flavor will have everyone asking for double helpings.

Servings: 8-10

Total Time: 1hour 10mins

Ingredients:

- 1 (20 ounces) can crushed pineapple in juice
- 1 (3.4 ounces) box banana-flavored instant pudding mix
- 8 ounces cool whip (thawed)
- ½ cup walnuts (chopped)
- 1 cup mini marshmallows
- ¼ cup milk chocolate chips
- 20 ounces jarred maraschino cherry halves
- 2 large bananas (peeled and sliced)

Directions:

1. Add the crushed pineapple and its juice to a serving bowl. Pour in the banana pudding mix and stir to combine until the powder dissolves and the mixture is thick.

2. Fold in the cool whip until incorporated followed by the walnuts, mini mallows, choc chops, cherries, and banana.

3. Chill the salad for one hour before serving.

Boozy Berrylicious Mint Salad

This sweet salad is bursting with berries and a cheeky splash of orange-flavored liqueur, which is perfect for a hot summer afternoon.

Servings: 8

Total Time: 4hours 10mins

Ingredients:

- 2 tbsp orange-flavored liqueur
- 2 tbsp granulated sweetener
- 1 pound fresh strawberries (hulled and quartered)
- 1 cup fresh blackberries
- 1 cup fresh raspberries
- 1 cup fresh blueberries
- ¼ cup fresh mint (chopped)

Directions:

1. In a serving bowl, whisk together the liqueur and sweetener.
2. Add the berries (strawberries, blackberries, raspberries, and blueberries) to the bowl and toss to combine.
3. Sprinkle over the chopped mint.
4. Cover the bowl with plastic wrap and chill for 3-4 hours before serving.

Caramel Candy Apple Salad

This fruity salad combines crisp apple with chocolate caramel candy bar pieces for an indulgent treat the whole family will enjoy.

Servings: 12

Total Time: 15mins

Ingredients:

- ½ cup whole milk
- 1 (5 ounces) box vanilla-flavored instant pudding mix
- 12 ounces cool whip (thawed)
- 6 Granny Smith apples (cored, diced)
- 6 standard-size chocolate caramel and peanut candy bars (chopped)
- ½ cup caramel sauce

Directions:

1. In a serving bowl, whisk together the milk and pudding mix until combined. Fold in the cool whip.
2. Add the diced apples and chopped candy bars, stir until incorporated.
3. Drizzle over the caramel sauce and keep chilled until ready to serve.

Cherry and Walnut Salad

This delicious salad is a flavor and texture sensation, combining cool fluffy whip, chewy marshmallows, crunchy walnuts, and tangy cherries.

Servings: 12-14

Total Time: 3hours 10mins

Ingredients:

- 1 (14 ounces) can sweetened condensed milk
- 1 (20 ounces) can crushed pineapple (drained)
- 1 (21 ounces) can cherry pie filling
- 1 cup walnuts (chopped)
- 1½ cups mini marshmallows
- 8 ounces cool whip (thawed)

Directions:

1. To a serving bowl, add the condensed milk, pineapple, cherry pie filling, walnuts, and marshmallows and stir to combine.
2. Fold in the cool whip until incorporated.
3. Cover the bowl with plastic wrap and chill for 2-3 hours before serving.

Classic Ambrosia Salad

Enjoy a blast from the past with this classic Southern salad recipe – it really is food for the gods!

Servings: 12

Total Time: 1hour 10mins

Ingredients:

- ¾ cup heavy cream (well chilled)
- ¼ cup confectioner's sugar
- ½ tsp vanilla essence
- ½ cup sour cream
- 1 (11 ounces) can mandarin segments (drained)
- 1½ cups shredded sweetened coconut
- 4 cups mini marshmallows
- 1 cup pineapple tidbits (drained)
- ¾ cup stemless, pitted maraschino cherries

Directions:

1. Using an electric whisk, whip together the cream, confectioner's sugar, and vanilla essence until the mixture can hold stiff peaks.
2. Add the sour cream and whisk again until incorporated.
3. In a serving bowl, combine the mandarin, coconut, marshmallows, pineapple, and cherries.
4. Fold the cream into the fruit. Cover the bowl with plastic wrap and chill for an hour before serving.

Couscous Fruit Salad

This couscous salad is fruity and filling, making it a great healthy breakfast option or afternoon snack.

Servings: 12-14

Total Time: 10mins

Ingredients:

- 2 cups dried couscous
- 2 cups boiling water
- Juice of 1 lemon
- 2 tbsp extra-virgin olive oil
- 3 tbsp dried cranberries
- ½ cup dried apricots (chopped)
- ½ cup fresh basil leaves (sliced into strips)

Directions:

1. Add the couscous to a heat-safe bowl and pour over the boiling water, cover it with plastic wrap, and soak for 5 minutes.
2. Remove the plastic wrap and rake the couscous with a fork until fluffy.
3. Stir in the lemon juice, olive oil, cranberries, apricots, and basil leaves.
4. Divide between bowls and serve warm.

Creamy Grape Salad

A delicious combination of sweet and tangy flavors makes this creamy grape salad a refreshing snack and light dessert.

Servings: 8-10

Total Time: 8hours 10mins

Ingredients:

- 8 ounces full-fat cream cheese (at room temperature)
- 1 tsp vanilla essence
- 1 cup sour cream
- 1½ tbsp brown sugar
- 4 cups seedless red and green grapes
- ½ cup toasted pecans (chopped)

Directions:

1. In a serving bowl, stir together the cream cheese, vanilla essence, sour cream, and brown sugar.
2. Stir in the grapes and cover the bowl with plastic wrap, chill overnight.
3. Just before serving, scatter over the chopped toasted pecans.

Lemon and Blueberry Salad Fluff

This zesty lemon and blueberry fluff is as light as a cloud! The perfect treat to enjoy outdoors or take along to your next BBQ.

Servings: 8-10

Total Time: 1hour 10mins

Ingredients:

- 1 (20 ounces) can crushed pineapple in juice
- 2 cups sour cream
- 1 (3.4 ounces) box lemon-flavored instant pudding mix
- 1 cup shredded coconut
- 3 cups mini marshmallows
- 1 cup fresh blueberries

Directions:

1. Add the crushed pineapple and its juice to a serving bowl along with the sour cream and lemon pudding mix, stir well until combined.

2. Fold in the shredded coconut, marshmallows, and fresh blueberries until incorporated.

3. Cover the bowl with plastic wrap and chill for an hour before serving.

Pina Colada Salad

One mouthful of this tropical-tasting salad with pineapple, banana, and coconut flavors will instantly transport you to a white sandy beach.

Servings: 8

Total Time: 10mins

Ingredients:

- 2 cups fresh pineapple chunks
- 1 cup mini marshmallows
- 1 (11 ounces) can mandarin segments (drained)
- ½ cup toasted coconut flakes
- 1 banana (peeled, sliced)

Directions:

1. Add all of the ingredients (pineapple, marshmallows, mandarin, coconut flakes, and banana) to a serving bowl and toss until combined.
2. Serve straight away.

Watergate Salad

This Midwestern salad is a staple of most Mid-Century dessert tables. Thanks to a surge in popularity for all things vintage and its irresistible texture, this salad is back on the modern menu!

Servings: 8

Total Time: 1hour 15mins

Ingredients:

- 1 (3.4 ounces) box pistachio-flavored instant pudding mix
- 1 (20 ounces) can crushed pineapple in juice
- ½ cup pecans (chopped)
- 1 cup mini marshmallows
- 1½ cups cool whip (thawed)

Directions:

1. Combine the pudding mix, crushed pineapple and juice, pecans, and marshmallows in a bowl.

2. Fold in the cool whip and then chill for an hour before serving.

Savory Salads

Apple Sausage Salad with Cinnamon Vinaigrette and Raisin Bread Croutons

This combination of fresh and dried fruits, toasted nuts, and apple sausage is the best salad you will serve all year.

Servings: 6

Total Time: 30mins

Ingredients:

- 4 slices cinnamon-raisin bread (cut into 12 even cubes)
- ⅓ cup olive oil
- 3 tbsp apple cider vinegar
- 2 tsp runny honey
- ½ tsp ground cinnamon
- ⅛ tsp sea salt
- Dash freshly ground black pepper
- 1 (12 ounces) package cooked apple chicken sausage link (cut into 2” slices)
- 2 (5 ounces) packages spring mix salad greens
- 2 cups fresh Bartlett pears (sliced)
- ½ cup walnuts (toasted and coarsely chopped)
- ½ cup dried sweet cherries

Directions:

1. Preheat the main oven to 375 degrees F.

2. Scatter the cubes of raisin bread over a 15x10” baking pan. Bake in the oven until toasted, stirring halfway, for 8-10 minutes. Set aside to cool for 4-5 minutes.

3. In the meantime, in a jar with a tight-fitting screw top lid, combine the oil with the vinegar, honey, cinnamon, salt, and black pepper. Shake well until blended.

4. In a skillet cook the apple sausage links over moderate heat until heated through and browned, for approximately 2-3 minutes on each side.

5. Evenly divide the salad greens between 6 dinner plates. Arrange the cooked apple sausage on top followed by the slices of pear, walnuts, cherries, and raisin bread croutons.

6. Shake the vinaigrette dressing to combine and spoon over the salad.

Artichoke, Pea and Lemon Salad

This Northern-inspired salad with artichokes, peas, and preserved lemon is warmly spiced and makes a dinner-party worthy appetizer or side dish.

Servings: 4

Total Time: 20mins

Ingredients:

- 3 tbsp extra-virgin olive oil
- 2 garlic cloves (peeled and crushed)
- 2 small preserved lemon (rind and flesh finely chopped)
- ½ tsp ground turmeric
- ½ tsp ground ginger
- 7 ounces frozen green peas
- 2 tbsp fresh coriander (finely chopped)
- Salt and freshly ground black pepper
- 1 (7 ounces) jar pre-cooked artichokes (drained and coarsely chopped)
- 2 ounces Kalamata olives (pitted and coarsely chopped)

Directions:

1. In a large pan over moderate heat, heat the olive oil.

2. Add the garlic followed by the preserved lemon rind and flesh, turmeric, and ground ginger. Fry, while stirring for 60 seconds, until fragrant.

3. Next, add the frozen peas and coriander, stir well. Cover the pan with a lid and leave until the peas are cooked, for 3-4 minutes. Season with salt and pepper,

4. Stir in the artichokes and Kalamata olives. Serve the salad either warm or cold.

Asian Pork Salad

Moist pork tenderloin is pan-fried in a sweet and salty Asian sauce and served over a crisp green salad.

Servings: 2

Total Time: 30mins

Ingredients:

- 2 tsp olive oil
- 1 garlic clove (peeled and minced)
- ½ tsp fresh ginger (peeled and minced)
- ½ pound pork tenderloin (sliced thinly)
- 2 tsp soy sauce
- 2 tsp fresh basil (minced)
- 2 tsp brown sugar
- 1½ tsp fresh lime juice
- 1½ tsp water
- 1 tsp fresh oregano (minced)
- ½ cup grape tomatoes
- 3 cups mixed salad greens
- ½ red onion (peeled, sliced thinly)
- 1 yellow bell pepper (seeded, sliced thinly)

Directions:

1. Warm the oil in a skillet over moderate heat. Add the garlic and ginger, sauté for 30 seconds, then add the pork. Sauté the pork until cooked through. Take off the heat and keep warm.

2. In a second skillet, combine the soy sauce, basil, brown sugar, lime juice, water, and oregano. Place over high heat and bring to a boil. Take off the heat.

3. Add the tomatoes, salad greens, red onion, bell pepper, and pork to a serving bowl and toss to combine.

4. Pour over the warm dressing, toss again, and serve straight away.

Bella Italian Salad

The big Italian-style salad is the epitome of healthy comfort food. Serve with homemade vinaigrette and tangy, salty ricotta cheese.

Servings: 6

Total Time: 20mins

Ingredients:

Vinaigrette:

- 1 cup fresh Italian parsley leaves
- 1 cup fresh basil leaves
- ¼ tsp dried oregano
- 2 garlic cloves (peeled)
- ¼ cup red wine vinegar
- ¾ cup Italian extra-virgin olive oil
- ¾ tsp salt
- ¼ tsp ground black pepper
- 1½ tsp runny honey

Salad:

- 1 head romaine lettuce (cut into large, bite-size pieces)
- 1 large red bell pepper (chopped)
- 1 cup hothouse cucumbers (seeded and chopped)
- 1-2 carrots (spiralized)
- Handful of cherry tomatoes (halved)
- Handful of olives (pitted)
- Ricotta salata (crumbled)

Directions:

1. First, prepare the vinaigrette dressing. In a food processor, combine the parsley leaves with the basil leaves, oregano, garlic, red wine vinegar, olive oil, salt, black pepper, and honey. Process the ingredients to blend.

2. In a large salad bowl, combine the lettuce with the red bell pepper, cucumbers, carrots, cherry tomatoes, and olives.

3. When you are ready to serve, add approximately half of the dressing and toss to combine. You may want to add more, a drop at a time to achieve your preference.

4. Toss in the ricotta cheese, season and taste.

Blackberry Fig Salad with Roasted Sweet Potatoes

The homemade tahini dressing is the real star of this salad dish. It is the perfect complement to the tart blackberries, crisp salad greens, and tender, sweet figs.

Servings: 2-4

Total Time: 25mins

Ingredients:

- 1 sweet potato (peeled and cubed)
- ½ tbsp olive oil
- 6 cups salad greens (rinse and pat dry)
- 1 pint blackberries (rinse and pat dry)
- 6 fresh figs (cutting into quarters)
- ¼ cup pecans
- 2 ounces goat cheese (crumbled)

Dressing:

- 2 tbsp tahini
- 1 tbsp balsamic vinegar
- ½ tbsp pure maple syrup
- 1 tsp stone-ground mustard
- ½ tsp garlic (peeled and minced)
- Pinch of salt (to season)

Directions:

1. Preheat the main oven to 375 degrees F. Using parchment paper, line a baking sheet.

2. Spread the cubes of sweet potato over the prepared baking sheet and drizzle with oil. Spread the potatoes evenly to make sure they are coated and bake in the oven until soft and golden, for 20 minutes or so. Put to one side.

3. Prepare the **Dressing:** Add the tahini, maple syrup, ground mustard, garlic, and a pinch of salt in a food blender

and process until silky smooth.

4. Add the greens to a bowl, toss in the blackberries, figs, roasted sweet potatoes, pecans, and goat's cheese.

5. Drizzle with the tahini dressing and serve.

Blueberry and Chicken Salad with Lemon Yogurt Dressing

Protein-rich chicken and antioxidant-packed blueberries come together in this wholesome salad with lemon yogurt dressing.

Servings: 4

Total Time: 15mins

Ingredients:

- 2 cups cooked, cubed chicken breast
- 2 cups fresh blueberries
- ½ cup red bell pepper (seeded, diced)
- ¾ cup celery (chopped)
- ½ cup scallions (sliced thinly)
- 3 tbsp mayonnaise
- ¾ cup lemon-flavored yogurt
- ½ tsp salt
- Lettuce leaves (to serve)

Directions:

1. In a serving bowl, toss together the chicken breast, blueberries, bell pepper, celery, and scallions.
2. In a small bowl, stir together the mayonnaise, lemon yogurt, and salt. Pour the dressing over the salad and toss until coated evenly.
3. Keep the salad chilled until ready to enjoy.
4. Serve the salad spooned over lettuce leaves.

Bulgar Wheat Salad with Sultanas, Spinach and Pistachios

This Moroccan-style salad made with bulgar wheat is the perfect pairing with roast lamb. It is, however, wholesome and flavorsome enough to enjoy on its own or with a serving of creamy cottage cheese.

Servings: 6

Total Time: 20mins

Ingredients:

- 7 ounces bulgar wheat
- 2½ ounces sultanas
- 3 carrots (grated)
- 5¼ ounces spinach (coarsely chopped)
- 3½ ounces toasted pistachios (coarsely chopped)
- Zest of 1 fresh lemon
- Salt and black pepper
- 4 tbsp red wine vinegar
- 6 tbsp extra-virgin olive oil

Directions:

1. Add the bulgar wheat to a bowl. Pour in sufficient boiling water to come. Add the sultanas and cover the bowl with plastic wrap. Set aside to sit until soft, for 10 minutes. Drain and rinse under cold water. Tip the contents into a large mixing bowl.

2. Next, add the carrots along with the spinach, pistachios, and lemon zest. Season the ingredients liberally with salt and pepper.

3. In a small jug, add the red wine vinegar to the olive oil and pour over the salad, tossing to combine.

Crab Pasta Salad

Crab pasta salad with a creamy reduced-fat dressing is ideal for anyone watching or managing their weight.

Servings: 10

Total Time: 2hours 20mins

Ingredients:

Salad:

- 1 pound pasta shells
- 1 pound imitation crab meat (cut into bite-size pieces)
- 1 cup black olives (pitted and sliced)
- 1 red bell pepper (diced)
- 3-4 green onions (thinly sliced approximately 2" into the green parts)
- 3 celery sticks (diced)

Dressing:

- 1½ cups plain non-fat yogurt
- ¼ cup reduced or fat-free mayonnaise
- ½ tbsp salad seasoning
- 1 tbsp yellow mustard
- 1 tsp celery salt
- ½ tbsp soy sauce
- ¼ cup store-bought Italian vinaigrette

Directions:

1. Cook the pasta according to the package directions. Drain and rinse under cold running water. Set to one side until cooled completely.

2. In a large mixing bowl, combine the pasta with the crab, black olives, red peppers, green onions, and celery.

3. In a small bowl, whisk the plain yogurt with the mayonnaise, salad seasoning, yellow mustard, celery salt, soy sauce, and vinaigrette salad dressing.

4. Pour the dressing over the pasta salad and vegetables and stir gently to combine. Transfer to the fridge for a minimum of 2 hours before enjoying.

Crisp Lamb Salad

Make use of leftover lamb and create this satisfying lunch or dinner salad.

Servings: 4

Total Time: 25mins

Ingredients:

- 3 tbsp vegetable oil
- 14 ounces leftover roast lamb (shredded)
- 2 tbsp cornflour (seasoned with a pinch of salt and dash of pepper)
- 5 ounces baby salad leaves
- 1 (5¼) pot sunblush tomatoes in oil (drained)
- ½ red onion (peeled and finely sliced)
- 3½ ounces feta cheese (crumbled)

Dressing:

- 2 tbsp premium balsamic vinegar
- 1½ tbsp extra-virgin olive oil
- Pinch of salt
- Dash of black pepper

Directions:

1. In a high-sided pan, heat the oil.
2. Coat the lamb evenly in the seasoned cornflour.
3. Once the oil is hot, add the lamb to the pan and on high heat, and cook for 5-6 minutes, flipping it over every 2-3 minutes until the meat is browned and crisp.
4. While the lamb is cooking, prepare the dressing.
5. In a bowl, combine the balsamic vinegar with the olive oil, a pinch of salt and a dash of black pepper.

6. Place the baby salad leaves on 4 plates.

7. Once the lamb is cooked, using a slotted spoon remove from the pan and transfer to a plate lined with kitchen paper towel.

8. Top the baby salad leaves with the cooked crispy lamb followed by the sunblush tomatoes.

9. Scatter over the slices of onion and crumbled feta.

10. Serve with the dressing.

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Curried Rice Salad

A spicy rice salad is a welcome accompaniment to barbecued chicken, meat, or fish.

Servings: 4

Total Time: 7mins

Ingredients:

- 2 cups cooked white rice (cooled)
- 1 red onion (peeled and finely chopped)
- 1 apple (peeled, cored, and chopped)
- 1 green capsicum (diced)
- ⅓ cup raisins
- ⅓ cup fresh parsley (roughly chopped)

Dressing:

- ¼ cup extra-virgin olive oil
- ⅓ cup white vinegar
- 2 tsp curry powder
- 1 tbsp caster sugar
- 1 garlic clove (peeled and crushed)

Directions:

1. Add the rice to a bowl. Add the red onion, apple, capsicum, raisins, and chopped parsley. Toss the ingredients to combine.

2. Next, prepare the **Dressing:** In a screw-top jar or container, combine the olive oil with the white vinegar, curry powder, caster sugar, and garlic. Shake thoroughly to combine and pour over the salad, tossing to coat and combine.

Deviled Egg Macaroni Salad

Jazz up a regular egg macaroni salad with a whole host of other ingredients and transform an otherwise boring sandwich filler into the main meal.

Servings: 8

Total Time: 2hours 20mins

Ingredients:

- 16 ounces small-tube pasta
- 6 hard-boiled eggs (cooled)
- 1½ cups mayonnaise
- 3 tbsp sour cream
- 2 tbsp yellow mustard
- 2 tbsp store-bought sweet pickle relish
- 2-3 celery stalks (finely chopped)
- ½ cup black olives (pitted and sliced)
- 1 (4 ounces jar pimientos (drained)
- 3 tbsp fresh dill (chopped)
- 1 tsp paprika
- Salt and freshly ground black pepper (to taste)
- Green onions (chopped, to garnish)

Directions:

1. Cook the pasta according to the package instructions and until al dente. Drain, rinse under cold running water and set aside to cool completely.
2. Peel and slice the hard-boiled eggs.
3. In a bowl, combine the cooled pasta with the mayonnaise, sour cream, mustard, sweet pickle relish, celery, olives, pimientos, dill, and paprika, stirring until incorporated. Season to taste with salt and black pepper.
4. Fold in the slices of egg gently to combine.
5. Garnish with chopped green onions and enjoy chilled.

Falafel Salad with Creamy Feta Dressing

Elevate a falafel salad with a homemade creamy feta dressing.

Servings: 4

Total Time: 40mins

Ingredients:

Falafel:

- 2 (14 ounces) cans chickpeas (drained and rinsed)
- 1 red onion (peeled and chopped)
- 2 large cloves of garlic (peeled and minced)
- 1 cup packed fresh parsley (chopped)
- 1 cup packed fresh cilantro (chopped)
- Freshly squeezed juice of ½ lemon
- 2 tsp ground cumin
- ¾ tsp sea salt
- ½ tsp freshly ground black pepper
- 1 tbsp ground cilantro
- ½ tsp red pepper chili flakes
- 2 tbsp all-purpose flour
- 3 tbsp vegetable oil

Dressing:

- 3 tbsp feta cheese (crumbled)
- 3 tbsp double heavy cream
- 5 tbsp whole milk
- 1 tbsp extra-virgin olive oil
- Pinch of salt
- Dash of black pepper

Salad:

- 3 cups packed baby spinach leaves
- ½ red onion (peeled and thinly sliced)
- 1 large cooked beetroot (peeled and grated)
- ½ cup sun-dried tomatoes packed in oil
- 3 baby cucumbers (finely sliced)
- Arils from ½ pomegranate
- 1 tbsp fresh parsley (finely chopped)

Directions:

1. For the falafel, add the chickpeas, red onion, garlic, fresh parsley, fresh cilantro, fresh lemon juice, ground cumin, sea salt, black pepper, ground cilantro, red pepper flakes, and flour in a food processor. Process on the pulse setting until incorporated but still with some texture.
2. Using clean hands form the mixture into 12 equal-size patties.
3. In a large frying pan, over moderate-high heat, heat the oil.
4. Fry the falafel, flipping over once, until golden on both sides, for 5-6 minutes.
5. In a small bowl, combine the feta cheese with the double heavy cream, whole milk, and olive oil. Season with a pinch of salt and a dash of black pepper. Using an immersion blender, process until silky smooth.
6. For the salad, arrange the spinach along with the red onion, grated beetroot, tomatoes, and cucumber in 4 individual bowls. Top each one with 3 falafels.
7. Drizzle with the dressing and garnish with pomegranate arils and chopped parsley.
8. Serve and enjoy.

Goat’s Cheese and Beetroot Citrus Salad

A sensational summer salad bursting with flavor will beat those winter blues and go a long way to helping you achieve your 5-a-day.

Servings: 6

Total Time: 45mins

Ingredients:

- 6 medium beetroots (peeled and thinly sliced)
- 2 oranges (peeled, seeded, and segmented)
- 1 red grapefruit (peeled, seeded, and segments)
- 4 tbsp cider vinegar
- 2 tbsp caster sugar
- Salt and freshly ground black pepper
- 1 (8¾ ounces) pouch of ready-cooked red quinoa
- Olive oil
- 2 Little Gem lettuce (shredded)
- 3½ ounces Brussels sprouts (finely shredded)
- A handful of cashew nuts (coarsely chopped)
- Hand of mixed seeds
- 1 tbsp soy sauce
- 2 tbsp runny honey
- A small bunch of dill (leaves picked over)
- 7 ounces goat's cheese (finely sliced)

Dressing:

- Freshly squeezed juice of 1 orange

- Freshly squeezed juice of ½ grapefruit
- 1 tbsp wholegrain mustard
- 1 tbsp runny honey
- 3½ ounces extra-virgin olive oil

Directions:

1. Add the beetroots, oranges, grapefruit to a large mixing bowl. Add in the vinegar, sugar, and season lightly with salt and black pepper. Mix thoroughly to combine.
2. In a second bowl, break up the red quinoa and drizzle with a splash of olive oil. Season the quinoa to taste. Add the Little Gem along with the Brussels sprouts.
3. For the dressing, in a jug, combine the orange juice, grapefruit juice, wholegrain mustard, honey, and olive oil.
4. Over moderate heat, heat a small frying pan.
5. Add the cashew nuts and mixed seeds to the frying pan and toast for 60 seconds before adding the soy sauce along with the honey and a splash of oil. Allow the mixture to bubble for an additional 2-3 minutes, until sticky. Set to one side.
6. To assemble the salad**:** In a bowl, combine the pickled beetroots with the greens. Toss in the dressing and the majority of the dill.
7. Transfer to a platter and top with the sticky cashew nuts, goat's cheese, and remaining dill.

Greek Salad

The best way to enjoy this Greek salad is with chunks of crusty bread to mop up the olive oil dressing.

Servings: 8

Total Time: 6mins

Ingredients:

- 4 large tomatoes (seeded and roughly chopped)
- 2½ cups cucumber (finely sliced)
- 1 red onion (halved and sliced into rings)
- ¼ cup extra-virgin olive oil
- 3 tbsp red wine vinegar
- ¼ tsp sea salt
- 1/8 tsp freshly ground black pepper
- ¼ tsp dried oregano
- ¾ cup Kalamata olives (pitted)
- ¾ cup Greek feta cheese (crumbled)

Directions:

1. In a bowl, combine the tomatoes with the cucumber and onion.
2. In a second, smaller bowl, whisk the olive oil with the red wine vinegar, sea salt, black pepper, and oregano.
3. Drizzle the dressing over the salad, tossing to evenly coat.
4. Garnish with olives and top with crumbled feta.
5. Enjoy.

Hawaiian Salad

This salad is great either on its own, as a lite bite, or with grilled meat as a main. However, you choose to serve it one thing is for sure, it will become a favorite family recipe.

Servings: 4-8

Total Time: 6mins

Ingredients:

- 1 cup pineapple tidbits in juice
- 7 cups salad greens
- 1 cup Cheddar cheese (grated)
- ½ cup mayonnaise
- 1 tbsp sugar

Directions:

1. Drain the pineapple tidbits, setting 1 tablespoon of juice to one side.
2. In a bowl, combine the salad greens with the tidbits, and shredded cheese.
3. In a second, small bowl whisk the mayonnaise with the sugar and tablespoon of pineapple juice set aside in Step 1.
4. Pour the dressing over the salad, tossing to coat.
5. Serve.

Honey-Pecan and Kiwi Salad

Honey and pecans have long been a successful pairing, and this fruit and nut salad are sublime.

Servings: 6

Total Time: 12mins

Ingredients:

- ¼ cup toasted pecans (chopped)
- 6 cups Boston lettuce (torn)
- 3 kiwi fruit (peeled and sliced)
- 2 tbsp vanilla-flavored yogurt
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp extra-virgin olive oil
- 1 tbsp runny honey

Directions:

1. First, toast the pecans in a shallow pan in an oven set at 350 degrees F for 5-10 minutes.

2. In a bowl, combine the torn lettuce with the kiwi fruit and toasted pecans.

3. In a second bowl, combine the vanilla yogurt with the fresh lemon juice, olive oil, and runny honey, until silky smooth.

4. Serve and enjoy.

Horseradish Pasta Salad

Give a tingle to those taste buds with this spicy horseradish pasta salad.

Servings: 8

Total Time: 2hours 20mins

Ingredients:

- 1 pound pasta
- ¾ cup mayonnaise
- 1/3 cup sour cream
- ¼ cup prepared, store-bought horseradish
- ¼ cup finely chopped pepperoncini peppers (finely chopped)
- ¼ cup pepperoncini pepper juice from the jar
- ½ tsp freshly ground black pepper
- ½ tsp crushed red pepper flakes
- ½ tsp garlic salt
- ½ cup red onion (peeled and finely chopped)
- 1 celery stalk (finely chopped)
- 1 cup peas (cooked, al dente)
- ½ cup Parmesan cheese (finely shredded)

Directions:

1. Cook the pasta until al dente. Rinse under cold running water and drain. Set to one side until completely cool.

2. In a bowl, combine the mayonnaise with the sour cream, prepared horseradish, peppers, pepper juice, fresh black pepper, crushed red pepper, and garlic salt.

3. Add the mayonnaise mixture to the pasta and the remaining ingredients (red onion, celery, and peas. Mix thoroughly.

4. Cover with kitchen wrap and transfer to the fridge for a minimum of 2 hours.

Israeli Salad with Mint and Avocado

This Middle Eastern salad, hailing from Israel, combines simple ingredients but offers maximum flavor.

Servings: 2-4

Total Time: 30mins

Ingredients:

- 1½ pounds Persian cucumbers (diced)
- 1 yellow bell pepper (seeded, diced)
- 1 red bell pepper (seeded, diced)
- 1 ripe avocado (stoned, chopped)
- 1 ounce fresh mint (chopped)
- 2 tomatoes (diced)
- 3 tbsp extra-virgin olive oil
- ¼ cup fresh lemon juice
- ¾ tsp salt

Directions:

1. Add the cucumber, bell pepper, avocado, mint, and tomato to a serving bowl and toss to combine.
2. Drizzle over the olive oil and lemon juice and toss to combine. Season the ingredients with a pinch of salt.
3. Serve either chilled or at room temperature.

Kung Po Chicken Salad

This Asian salad is a healthy alternative to take-out.

When the weekend comes around instead of reaching for the phone, dust off your frying pan and cook this wholesome salad dish.

Servings: 4

Total Time: 25mins

Ingredients:

- 1 tbsp toasted sesame seeds
- 1 tbsp extra-virgin olive oil
- 2 skinless chicken breasts (butterflied)
- Salt and pepper (to season)
- 3 tbsp of reduced-salt soy sauce
- 1 ½ tsp Chinese 5-spice
- 1 Romaine lettuce (shredded)
- 14 ounces mixed crunchy vegetables (of choice)*
- 2 tbsp sweet chili sauce
- 1 tbsp rice vinegar
- 4 spring onions (chopped)

Directions:

1. In large frying pan, heat the oil.

2. Next, season the chicken breasts with black pepper, salt, and a sprinkling of Chinese 5-spice. Fry the chicken for about 4 minutes on each side until cooked through and golden. The meat should register 165 degrees F using an internal thermometer. Put to one side to cool slightly before slicing.

3. In a bowl, toss the sliced chicken with shredded lettuce and mixed veggies.

4. Using a metal fork, mix the chili sauce with the remaining Chinese 5-spice, rice vinegar, and soy sauce. Pour over the salad and toss thoroughly to coat.

5. Garnish with sesame seeds and spring onions and serve.

*Carrots, red peppers, baby corn, and sugar snap peas are all a good choice

Lentil, Cucumber, and Puffed Rice Salad

This protein-packed salad tastes as good as it looks. It's colorful, flavorful, spicy, and surprisingly filling.

Servings: 2

Total Time: 30mins

Ingredients:

- 1 (8¾ ounces) pouch of ready-to-eat puy lentils
- 1 tsp cumin seeds
- 1 tsp curry powder
- Pinch hot chili powder
- 2 tsp vegetable oil
- 1¾ ounces puffed rice
- ½ English cucumber (cut into bite-size chunks)
- Small bunch of coriander (coarsely chopped)
- ½ small bunch mint (leaves picked over and torn)
- 1 red onion (peeled and finely chopped)
- 4 ounces pomegranate arils
- 5½ ounces plain, natural yogurt (to serve)

Dressing:

- 1 tbsp tamarind paste
- 2 tsp soft light brown sugar
- 3 tbsp freshly squeezed lemon juice
- 1 tsp ginger (peeled and grated)
- 1 tbsp vegetable oil

Directions:

1. Heat the lentils according to the package directions. Spread the lentils evenly over a serving platter and allow to cool slightly. Fluff the lentils up with a metal fork.

2. In a dry frying pan, toast the cumin seeds for 1-2 minutes, until fragrant.

3. For the **Dressing:** Transfer the cumin seeds to a bowl and add the tamarind paste, light brown sugar, lemon juice, ginger, and oil. Whisk well and season with salt and pepper.

4. In the dry pan, add the mild curry powder to the chili powder and toast for 10 seconds before adding the oil along with the puffed rice. Over low to moderate heat cook until the rice is slightly toasted and coated in the spices. Set aside to cool on a plate.

5. Stir the dressing well and through the lentils to combine.

6. Next, fold in the chunks of cucumber along with the coriander, mint, the majority of red onion, and most of the pomegranate arils.

7. When you are ready to enjoy, toss the spiced puffed rice through the salad.

8. Garnish with the remaining red onion and pomegranate arils and eat with natural yogurt.

Mandarin and Spinach Pasta Salad with Asian Dressing

Not sure what to serve with grilled chicken? No problem! This pasta salad with a homemade Asian dressing is the answer to all your problems.

Servings: 4

Total Time: 25mins

Ingredients:

- 8 ounces bow-shaped pasta noodles
- 4 cups spinach leaves
- ½ cup raisins
- ⅓ cup California pine nuts
- 1 (4 ounces) can mandarin oranges (drained)
- ¼ cup cilantro leaves (coarsely chopped)

Dressing:

- ⅓ cup thick teriyaki sauce
- ⅓ cup rice wine vinegar
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp sugar
- ½ cup extra-virgin olive oil

Directions:

1. Cook the pasta until al dente. Remove from the heat and run the pasta under cold water. Drain and set to one side.

2. In the meantime, prepare the dressing. In a screw-top jar, combine the teriyaki sauce with the rice wine vinegar, garlic powder, onion powder, salt, black pepper, sugar, and olive oil. Transfer to the fridge to chill.

3. In a bowl, toss the pasta with the spinach, raisins, pine nuts, mandarin oranges, and chopped cilantro.
4. When you are ready to serve, pour the teriyaki dressing over the salad and toss to combine.
5. Enjoy.

Mediterranean Brown Rice Salad

This Mediterranean salad takes its inspiration from the classic Greek salad. Here, brown rice is also added to make for a more satisfying meal.

Servings: 12

Total Time: 2hours 45mins

Ingredients:

Salad:

- 1½ cups dried long-grain brown rice
- 3½ cups water
- 8 cups fresh baby spinach leaves (chopped)
- 1 pound cherry tomatoes (halved)
- 6 scallions (sliced thinly)
- 2 cups feta cheese (crumbled)

Dressing:

- 2 tbsp white vinegar
- 2 tbsp balsamic vinegar
- 1 garlic clove (peeled and minced)
- ¾ tsp black pepper
- ½ tsp salt
- ½ cup extra-virgin olive oil
- ¼ cup fresh basil (chopped)

Directions:

1. Add the rice and water to a saucepan and bring to a boil. Turn the heat down, cover with a lid, and simmer for 35-40 minutes.

2. In the meantime, prepare the dressing. Whisk together the vinegars, garlic, black pepper, and salt in a bowl. While continually whisking, slowly pour in the olive oil until incorporated. Stir in the fresh basil.

3. Drain the cooked brown rice and add to a serving bowl along with the spinach leaves, tomatoes, scallions, and feta cheese. Toss until the spinach wilts. Cover the bowl with plastic wrap and chill for 2 hours before serving.

Peach and Bacon Salad with Mustard Dressing

Sweet peaches perfectly complement crisp, salty bacon in this fresh and wholesome salad.

Servings: 8

Total Time: 15mins

Ingredients:

Dressing:

- 1 cup olive oil
- ¼ cup granulated sugar
- ⅓ cup apple cider vinegar
- 1 tsp celery seeds
- ½ tsp salt
- 1 tsp mustard powder

Salad:

- 6 ounces fresh baby spinach leaves
- 1¾ cups fresh mushrooms (sliced)
- 2 ripe peaches (stoned, sliced)
- 3 hard-boiled eggs (sliced)
- ½ pound bacon rashers (cooked until crispy, crumbled)
- ¼ cup toasted slivered almonds
- 1 red onion (peeled, sliced thinly)

Directions:

1. First, prepare the dressing. Add the olive oil, sugar, vinegar, celery seeds, salt, and mustard powder to a blender and blitz until combined.

2. For the salad, add the spinach leaves, mushrooms, peaches, egg, bacon, almonds, and red onion to a serving bowl and toss to combine.

3. Pour over the prepared dressing and toss again to combine. Serve straight away.

Plum Salad with Black Pepper and Pecorino

This sophisticated and elegant plum salad makes a side dish or meal to remember.

Servings: 4

Total Time: 10mins

Ingredients:

Dressing:

- 2 tbsp sherry vinegar
- 1 tbsp runny honey
- ½ tsp cracked black pepper

Salad:

- 4 ripe red or black plums (pitted and finely sliced)
- 2 ripe green plums (pitted and cut into wedges)
- ¼ cup Pecorino (shaved)
- 2 tbsp extra-virgin olive oil
- Flaky sea salt

Directions:

1. For the dressing, add the sherry vinegar, runny honey, and black pepper to a bowl and then stir until the honey is dissolved.

2. Add the plums to the dressing, tossing until coated. Add the shaved cheese, once again tossing to combine.

3. Transfer the salad to a bowl, top with more cheese, drizzle with olive oil and season with sea salt.

Ranch Bacon Pasta Salad

A rich and creamy pasta salad with mature cheddar cheese, salty, bacon, and tangy ranch dressing is a delicious and filling dinner salad perfect for BBQ season!

Servings: 10

Total Time: 30mins

Ingredients:

- 1 pound elbow noodles
- ⅓ cup mayonnaise
- 1 ounce ranch seasoning mix
- 16 ounces sour cream
- 10 ounces frozen peas (thawed)
- 1 pound mature cheddar cheese (diced)
- 8 rashers cooked bacon (crumbled)
- Salt and black pepper

Directions:

1. Boil the noodles using packet instructions. Drain and rinse under cold water until cooled. Set to one side.
2. In a bowl, stir together the mayonnaise, ranch seasoning, and sour cream until combined.
3. Transfer the cooled pasta to a serving bowl and pour over the dressing mix, toss until coated evenly.
4. Add the peas and cheddar cheese cubes crumbled bacon and a pinch each of salt and black pepper. Toss again to combine.
5. Serve straight away.

Sicilian Pasta Salad

Bring a taste of Sicily to your very own kitchen with this vibrant pasta salad, which combines a delicious assortment of classic Italian ingredients.

Servings: 4

Total Time: 20mins

Ingredients:

- 1 pound dried orecchiette pasta
- ⅓ cup extra-virgin olive oil
- 3 tbsp white balsamic vinegar
- 1 head radicchio (torn)
- 1 pint cherry tomatoes
- 1 cup Ricotta cheese (crumbled)
- 1 cup black and green pitted olives
- Sea salt and freshly ground black pepper

Directions:

1. Cook the pasta using packet instructions, then drain and rinse under cold water until cooled.
2. In the meantime, whisk together the olive oil and balsamic vinegar in a serving bowl.
3. Add the torn radicchio, cherry tomatoes, crumbled ricotta, and olives to the bowl and toss to coat.
4. Season the drained pasta with salt and black pepper, then add it to the salad bowl and toss it to combine.
5. Serve!

Southwestern Rice Salad

Saddle up with this cowboy style rice salad. Here, all the fabulous flavors of the southwest, including lime juice, black beans, and brown rice, come together to create an amazing dish.

Servings: 4-8

Total Time: 20mins

Ingredients:

- 1½ cups brown rice
- 2¾ cups water

Dressing:

- ⅓ cup freshly squeezed lime juice
- ½ cup extra-virgin olive oil
- 1½ tbsp runny honey
- ½ tsp chipotle powder
- ½ tsp cumin powder
- ½ tsp garlic powder
- ¾ tsp salt
- Freshly ground black pepper

Salad:

- 1 red bell pepper (diced)
- 1 green bell pepper (diced)
- 1 small red onion (peeled and chopped)
- 1 (14 ounces) can corn kernels (drained)
- 1 (14 ounces) can black beans (drained and rinsed)
- 3 tomatoes (seeded and diced)
- 1 cup coriander (coarsely chopped)

Directions:

1. Add the brown rice to the water in a pan, over moderately high heat. Cover with a lid. Once the water begins to simmer, reduce the heat to low and simmer until the water evaporates and the rice is firm yet tender, for approximately 15 minutes.

2. With the lid still on, remove the pan from the stovetop and set aside for 10 minutes before fluffing with a fork. Allow to cool to room temperature.

3. Add the dressing ingredients (lime juice, olive oil, honey, chipotle powder, cumin, garlic powder, salt, and black pepper) in a screw-top jar and shake well. Taste the dressing and season.

4. Add the salad ingredients (red bell pepper, green bell pepper, red onion, corn kernels, black beans, tomatoes, and coriander) along with the brown rice.

5. Drizzle with the dressing and toss to combine.

6. Serve and enjoy.

Spinach and Raspberry Salad with Poppy Seed Dressing and Candied Walnuts

This delicious salad is worthy of any fine-dining restaurant thanks to a tangy poppy seed dressing and homemade candied walnuts.

Servings: 8

Total Time: 40mins

Ingredients:

Candied Walnuts:

- Butter (to grease)
- White of 1 large egg
- ¾ tsp vanilla essence
- 2 cups halved walnuts
- ½ cup granulated sugar

Dressing:

- 2 tbsp apple cider vinegar
- ¼ cup canola oil
- 1½ tsp light corn syrup
- 1 tbsp granulated sugar
- 1 tsp poppy seeds
- ¼ tsp mustard powder
- ¼ tsp salt

Salad:

- 10 cups fresh baby spinach leaves
- 1½ cups fresh raspberries

Directions:

1. Preheat the main oven to 300 degrees F and grease a baking pan with butter.

2. First, make the candied walnuts. Using an electric whisk, whip up the egg white and vanilla essence until frothy. Add

the walnuts and toss to coat. Sprinkle over the sugar and toss again.

3. Tip the walnuts onto the prepared baking sheet and spread out so that they are in an even, single layer.

4. Place the nuts in the oven and cook for 25-30 minutes until browned. Toss the nuts every 10 minutes.

5. Take the nuts out of the oven and transfer to a sheet of wax paper. Allow to cool completely.

6. In the meantime, prepare the dressing. Add all of the dressing ingredients (apple cider vinegar, canola oil, corn syrup, sugar, poppy seeds, mustard powder, and salt) to a jug and whisk to combine.

7. Add the spinach leaves and raspberries to a large serving bowl and pour over the dressing, toss to combine. Scatter over the cooled candied walnuts and serve.

Summer Garden Chickpea Salad

Chickpeas are a fantastic alternative to meat for vegetarians as they are packed with nutrients, but especially protein, which helps to build muscle.

Servings: 2

Total Time: 25mins

Ingredients:

Dressing:

- ½ tsp cumin seeds
- ¼ cup fresh lemon juice
- ¼ cup tomato (chopped)
- ¼ cup olive oil
- ¼ tsp salt
- 1 garlic clove (peeled and minced)
- ¼ tsp cayenne pepper

Salad:

- 1 carrot (peeled and julienned)
- ¾ cup canned chickpeas (drained and rinsed)
- 2 scallions (sliced thinly)
- 1 small zucchini (julienned)
- ½ cup fresh parsley (chopped)
- ¼ cup radish (sliced thinly)
- ¼ cup feta cheese (crumbled)
- 3 tbsp walnuts (chopped)
- 3 cups mixed salad greens

Directions:

1. First, prepare the dressing. In a skillet over moderate heat, toast the cumin seeds until aromatic. Transfer to a small bowl along with the lemon juice, tomato, oil, salt, garlic, and cayenne pepper and stir to combine.

2. For the salad, add the carrot, chickpeas, scallions, zucchini, parsley, radish, feta cheese, and walnuts to a serving bowl and toss to combine.
3. Drizzle the dressing over the salad and toss to coat.
4. Serve!

Tuna Pasta Salad with Lemon Ranch Dressing

A filling and nutritious salad is the perfect dinner for those warmer nights you don't feel like cooking a complicated hot meal.

Servings: 4-6

Total Time: 20mins

Ingredients:

Salad:

- 12 ounces fusilli pasta
- ½ cup red onion (thinly sliced)
- 2 (7.5 ounces) cans tuna (drained)
- ½ cup pepperoncini (sliced)
- ½ cup fresh parsley (chopped)
- 5½ cups fresh arugula
- 1 red bell pepper (seeded, sliced)

Dressing:

- 1 tsp lemon zest
- 3 tbsp extra-virgin olive oil
- 3 tbsp fresh lemon juice
- ¼ cup mayonnaise
- ½ tsp garlic powder
- 1 tbsp ranch dressing seasoning mix
- 1½ tsp granulated sugar
- Salt and black pepper

Directions:

1. Cook the pasta using packet instructions. Drain the cooked pasta and rinse under cold water until cooled.

2. In the meantime, prepare the dressing. Put all of the dressing ingredients (lemon zest, olive oil, lemon juice, mayonnaise, garlic powder, ranch seasoning mix, sugar, salt, and black pepper) to a mason jar and shake to combine.

3. Add the remaining salad ingredients (red onion, tuna, pepperoncini, parsley, arugula, and bell pepper) to a large serving bowl along with the cooled pasta and toss to combine.

4. Pour over the prepared dressing and toss again until coated evenly.

5. Serve straight away.

Author's Afterthoughts

I would like to express my deepest thanks to you, the reader, for making this investment in one my books. I cherish the thought of bringing the love of cooking into your home.

With so much choice out there, I am grateful you decided to Purch this book and read it from beginning to end.

Please let me know by submitting an Amazon review if you enjoyed this book and found it contained valuable information to help you in your culinary endeavors. Please

take a few minutes to express your opinion freely and honestly. This will help others make an informed decision on purchasing and provide me with valuable feedback.

Thank you for taking the time to review!

Christina Tosch

About the Author

Christina Tosch is a successful chef and renowned cookbook author from Long Grove, Illinois. She majored in Liberal Arts at Trinity International University and decided to pursue her passion of cooking when she applied to the world renowned Le Cordon Bleu culinary school in Paris, France. The school was lucky to recognize the immense talent of this chef and she excelled in her courses, particularly Haute Cuisine. This skill was recognized and rewarded by several highly regarded Chicago restaurants, where she was offered the prestigious position of head chef.

Christina and her family live in a spacious home in the Chicago area and she loves to grow her own vegetables and herbs in the garden she lovingly cultivates on her sprawling estate. Her and her husband have two beautiful children, 3 cats, 2 dogs and a parakeet they call Jasper. When Christina is not hard at work creating beautiful meals for Chicago's elite, she is hard at work writing engaging e-books of which she has sold over 1500.

Make sure to keep an eye out for her latest books that offer helpful tips, clear instructions and witty anecdotes that will bring a smile to your face as you read!

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